DECEMBER 2023 **P/ID 28465/PPY1E/ PCY1E**

Time : Three hours Maximum : 80 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 50 words each.

1. Define positive psychology.
2. What are the goals of positive psychology?
3. What is the meaning of happiness?
4. Define Well-being
5. What is meant by positive belief?
6. Define personality
7. What is meant by materialism?
8. Define self-control.
9. Mention any three everyday explanations for self-control failure.
10. Write any two practices to acquire mindfulness.
11. Define the term “Self-concept'.
12. What do you mean by mental health?

PART B — ($5 \times 6 = 30$ marks)

Answer any FIVE questions in 250 words each.

13. Write a brief note on traditional psychology.

14. Distinguish between hedonic and eudaimonic happiness.

15. Discuss briefly about positive traits with example.

16. Describe the goals that create self-regulation problems.

17. Briefly describe the technique to improve mindfulness.

18. Write a short note on the measures of happiness.

19. Discuss about marriage and happiness in short.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions in 500 words each.

20. Write a detailed note on the assumptions, goals and definition of positive psychology.

21. Discuss in detail about happiness across life span.

22. Explain about emotions and biology in detail.

23. Elaborate on personal goals and self-regulation in detail.

24. Discuss in detail on the topic "Positive psychology revisited".

———————